



Breakaway

Bedtime policy

Policy Owner:	Ranbir Sidhu (Registered Manager)
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Policy Summary:

Regulations 5, 6, 7,14, 21 of the Children's Homes Regulations 2015 including the Quality Standards



A hands-on approach to help children in Slough be

..... Safe, Secure and Successful

Policy Aim

To meet children's bedtime routines

Policy

A child's bedtime routine will be indicated in their 'This is Me' (Care Plan) as agreed between the child (if appropriate) their parent/carer and keyworker on admission. It should be remembered that each child's bedtime routine may be different and some may require more support than others, some may require a bedtime story to be read before sleeping, they may like a light left on, the door open etc.

Procedure

We aim to ensure that all children/young people have time to relax and unwind before going to bed. Children will be offered a bath or shower in the evening. They may choose not to have either, preferring to have one in the morning or not at all. If not at all they would be encouraged to have one or the other at some point during their stay for hygiene reasons, unless by doing so conflicts with their "This is Me". All children are offered a bedtime snack before going to bed unless it specifically says otherwise in their 'This is Me'. The children's bed linen is always freshly laundered on admission and again on discharge, also at any time necessary throughout the duration of their stay.

The curtains/blinds of all windows in the unit are closed before the children start getting ready for bed to maintain privacy and dignity. They are kept closed until morning.

If a child has their bedroom door closed the door alarm is to be put on so that the waking night staff member is alerted should the door be opened during the night. The permission slip from the parent regarding their consent should be in the child's file.

If a child gets up during the night they must be encouraged by the waking night staff to go back to bed unless of course they are just getting up to use the toilet. If they have only got up to use the toilet waking night staff to give them assistance if required and then ensure they go back to bed. If a child continually gets up or just refuses to go back to bed they must be discouraged from getting out toys and playing, watching the television. (turn it off) and must not be offered food. If they indicate they want a drink, water is to be offered.

All sheet has been implemented which reflect individual night time routine for all children accessing Breakaway. This sheet has been designed in discussion with night time staff and has been placed in the night time handover folder for staff's reference.

This sheet reflects

- around what time each child goes to bed
- Whether the child likes the bedroom door open or closed
- Which bedroom they prefer to sleep
- Whether the child likes the light on/ off
- How often is the child checked (night time check are agreed with parents as well)

Parents give their consent how often they would like their child to be checked during the night, permission letter is placed in the child's individual file along with surveillance form which parents consent.